

ľ	month	HEALTH	YHABITS	S CONSIS'	TENCY CA	ALENDAR.		
ľ	monthly goal	mon	tue	wed	thu	fri	sat	sun
	Instructions:							
	How to Track Your							
	Progress:							
	✓ Goal Achieved							
	X Try again tomorrow							_0 ~0
	REMINDER:							
	You Can't mess this up!							12

If you miss a day, tomorrow is a new day